

DEPARTMENT OF THE ARMY
 DEVENS RESERVE FORCES TRAINING AREA
 Ayer, Massachusetts 01432-4424
 21 May 2001

Training
PHYSICAL FITNESS TRAINING AND TESTING

HISTORY: This is the second (revised) publication of this regulation under the Devens Reserve Forces Training Area.

SUMMARY: This regulation provides procedures for conducting physical fitness training and testing on the Devens Reserve Forces Training Area. Changes include the incorporation of the running track at Edmunds Field, the addition of a road route in the 3400 Area, and inclusion of a statement directing co-use of facilities. Emergency medical actions are clarified.

APPLICABILITY: The provisions of this regulation apply to all units, individuals, and organizations stationed at or training on Devens RFTA.

SUGGESTED IMPROVEMENTS: The proponent of this regulation is the Directorate of Plans and Training (DPT). Users are invited to send comments and suggested improvements on Department of the Army Form 2028 (Recommended Changes to Publications and Blank Forms) directly to COMMANDER, HEADQUARTERS DEVENS RESERVE FORCES TRAINING AREA, ATTN: AFRC-FAD-RC, UNIT 9, 57 QUEENSTOWN STREET, AYER, MA 01432-4405.

TABLE OF CONTENTS			
CHAPTER	TITLE	PARA	PAGE
1	GENERAL		
	Purpose	1-1	3
	Training Locations	1-2	3
	Training Restrictions	1-3	3
2	SAFETY		
	Safety Practices	2-1	3
	Medical Support	2-2	4
3	PHYSICAL FITNESS TESTING AND FORMATION RUNS		
	Physical Fitness Testing	3-1	4
	Formation Runs	3-2	5
4	WEAR OF THE PHYSICAL FITNESS UNIFORM (PFU)		5

5	USE OF DEVENS SPORTS AND FITNESS CENTER	5
APPENDIX A	Map to Deaconess-Nashoba Hospital	
APPENDIX B	Running Track Location	
APPENDIX C	Map of Main Post On-Road Running Route	
APPENDIX D	Map of 3400 Area On-Road Running Route	

CHAPTER 1. GENERAL.

1-1. Purpose. This regulation prescribes policies, procedures, responsibilities and restrictions for conducting individual or unit physical fitness training and testing on Devens Reserve Forces Training Area.

1-2. Training Locations. Physical fitness training may be conducted anywhere on the installation within the restrictions described in this regulation. Units wishing to use a particular location, which is not under their control, must schedule use of the desired location with the Directorate of Plans and Training (DPT) at least two working days prior to start of the event. All scheduling must be either on Devens RFTA Form Letter 5, or on a memorandum, signed by the unit commander. Locations that must be scheduled through DPT include Edmunds Field, and the encompassing running track. Units must be willing to allow co-use of these facilities, as space on Devens RFTA is limited. Facilities under the control of Devens Commerce Center Recreation Division (Sports Arena, Willard Field, and Fitness Center) may be coordinated for directly by the unit, however there may be fees for use of these facilities.

1-3. Running Restrictions. All streets and roads on Devens RFTA are open to the public at all times, and are under the jurisdiction of the Commonwealth of Massachusetts. Military personnel have no authority to stop, slow, or otherwise restrict the flow of traffic at any time except as described in this regulation. Individual runners and groups of fewer than ten runners may run anywhere on the garrison enclave without prior coordination, except for South Post. Running on property belonging to the Devens Commerce Center or the U.S. Fish and Wildlife Service is subject to limitations imposed by those agencies. Running is not permitted on property belonging to the Federal Bureau of Prisons or the Job Corps Center. Runners must follow the safety practices indicated in Chapter 2 of this regulation. Procedures for formation runs and administration of physical fitness tests are indicated in Chapter 3.

CHAPTER 2. SAFETY.

2-1. Safety Practices. All personnel must observe the following safety practices while running at Devens RFTA.

- a. Run against traffic on the left side of the road.
- b. Run on the sidewalks where possible.
- c. During hours of darkness or periods of limited visibility wear bright colored clothing and/or reflectorized belts or vests that will enable the runner to be seen from front, rear and both sides at a distance of 150 feet. A flashlight is recommended for running at night.
- d. Running with headphones is not permitted.
- e. Do not run in remote or low traffic areas without a companion.
- f. New runners should seek medical advice prior to beginning a running program.

- g. Avoid running on ice.

2-2. Medical Support.

a. Emergency Situations. Contact Patriot Ambulance directly at (978) 345-1111 for emergency evacuation. Notify DPT Operations Section (796-3951/3952) that evacuation was conducted.

b. Non-emergency evacuation. Individuals with injuries which require prompt medical attention (other than emergency) will be transported by unit personnel to Nashoba-Deaconess Hospital in Ayer. (See map at Appendix A.) During the peak Annual Training period (May 15 through September 15, approximately) non-emergency cases may be initially handled at the Troop Medical Clinic (TMC), building 681, on Quebec Street, during clinic hours.

CHAPTER 3. PHYSICAL FITNESS TESTING AND FORMATION RUNS.

3-1. Physical Fitness Testing

a. Pushup and Situp events may be conducted on the grounds adjacent to billets or Offices, such as the quadrangles between Quebec and Queenstown Streets or behind 94th RSC Headquarters. These events also may be conducted at Edmunds Field, or the grounds of building 623.

b. The two mile run may be conducted at the running track adjacent Edmunds Field, or on the prescribed road routes.

(1) The track has two configurations. The short loop is over one-half mile distance, and the full loop is under two-thirds mile distance. There is a constricted area on the track adjacent the backstop of baseball field number 1 (northernmost field, adjacent building 685).

(A) Users must expect co-use of this track by other units for conducting APFT. During co-use, opposing start and end points will be used to minimize confusion.

(B) Users must measure and temporarily mark start and finish points.

(2) The following road routes are the only such courses that may be used for physical fitness tests, or formation runs, on Devens RFTA roads. Units must notify DPT Operations and the Massachusetts State Police Detachment Devens, of the date and time, and location that they will be conducting the run/walk portion of tests. If any other on-road areas are used for the test, Massachusetts State Police will stop the test. Units using these routes must measure and mark the desired start and finish points. (See maps at Appendix B.)

(A) A route from Saratoga Street east to Queenstown Street, then north on Queenstown Street to the unmarked portion of the parking lot adjacent Pine street, then West through the lot to Quebec Street, then south on Quebec Street to Saratoga Street. (Note: The

map in the previous edition of this regulation has erroneous distances between start and end points.) Units should measure the start and finish points so that they do not impede traffic on Queenstown Street, which is a heavily traveled thoroughway connecting state and federal agencies outside the boundaries of the RFTA. Unit leaders and test graders must not allow personnel to congregate on the roads at the finish point.

(B) A route in the 3400 area west along Liberty Street, then south along Gorgas Street, then east along Hoff Street, then north along Lovell Street.

(3) Units that use a road course must sign for the APFT kit from Range Control. The kit consists of road barricades, orange cone road markers, flashlights, safety vests, course map, and emergency telephone list. Barricades, markers, and road guards with reflective vests and flashlights will be positioned as shown on the map. Road guards will be visible, and will direct traffic away from the course. Barricades will be emplaced just prior to the start of the run, and will be removed immediately upon the completion of the run. The APFT kit will be returned to Range Control immediately after the run is concluded.

3-2. Formation runs. Formation runs are authorized only on the two prescribed road routes. Formation runs must be coordinated in writing through DPT Operations at least two work days prior to the event. Requests for variances to the prescribed routes will be submitted to the Commander, Devens RFTA, at least ten days in advance. The requests for variances will be staffed through the DPT to the State Police Detachment Devens. Units desiring to run on public roads will be required to pay for State Police support. Safety is a concern, since civilian employees of agencies and businesses on Devens are not accustomed to encountering formations of troops on roadways, may not be observant, and can not be expected to respond to road guards or unit leaders.

CHAPTER 4. WEAR OF THE PHYSICAL FITNESS UNIFORM (PFU).

Army personnel will comply with AR 670-1. All other military personnel will be in compliance with their respective service regulations for wear of physical fitness uniforms.

CHAPTER 5. USE OF DEVENS SPORTS AND FITNESS CENTER.

The Devens RFTA has established an agreement with the Devens Commerce Center that allows use of the Devens Sports and Fitness Center (formerly the Riggs Gymnasium) by military personnel and DOD civilian employees. All active duty personnel, reservists in a military duty status, and DOD civilian employees assigned or training at Devens RFTA, are authorized free access to the fitness equipment, lockers and showers. Other services and facilities are available at special rates for military personnel. A valid DOD identification card is required for access. Installation Directorates and tenant organizations supporting personnel on ADSW or AT will provide a memorandum to the Devens Sports and Fitness Center stating that the personnel listed (by name, rank, and period of duty) are serving on Devens RFTA. Military personnel are subject to the rules and procedures established by the Devens Commerce Center. Units may rent portions of the facility for unit events.

OFFICIAL:

GRACUS K. DUNN
LTC, TC
Commanding

DISTRIBUTION:
A thru D